OLD AGE OUT OF FASHION

Healthful, Active, Happy People Stay

Young Till They Die Careful studies and measurements have shown that our time of actual maturity and arrest of growth in physical characters, such as height, weight and chest girth, is much later than formerly supposed. Instead of reaching, as was at one time confidently stated, our full height at 18, our full strength at 23, and our full chest girth at 25, as a matter of fact we continue to increase, slowly it is true, in all these respects, until 35, 38 and even 40 years of age.

By living a healthful, active, happy life and keeping up all our interests, declares Dr. Woods Hutchinson, it Hampton's, we can grow and develop and adjust ourselves and feel that we are growing until we are one day suddenly dead, without even realizing in any distressing or painful way that we are growing old at all.

Already old age has gone quite out of fashion. The civilized, educated an or woman of 70 is younger than the average of 40 or the peasant of 50. What with steady spread of regular vacations, and country or suburban homes, and walking clubs, and golf, and gardens, and automobiling, and travel of all sorts, those who would have been considered old once are now only 70 or 75 years young.

Not only is there no definite period in adult or later life when these socalled senile changes begin, but there is no period at which they become accelerated or start to progress at a more rapid rate than before. In fact, the extraordinary paradox exists that what we term old age is the time in life in which we are growing old least rapidly. The only thing that makes it appear otherwise is that we have been steadily growing old all our lives long and the thousand imperceptible accum ulations have mounted to a pitch which we can recognize.

The Finger Nails

The physiologic function of the nails is to protect the tips of the fingers against pressure and to give them firm support; this increases the delicacy of the tactile sensations.

The nails should be slightly curved from side to side, of a light rose color and smooth surface. The lunula should be visible at the root of the nail. Brittleness of the nails is a defect which causes them to tear easily; it is generally due to the condition of the general health.

There is a natural tendency for the dirt to accumulate on the under surface of the nail, between it and the finger. This is not only unsightly, but it is often the cause of actual danger, as this forms a lodgment for the germs of disease. Not only is it necessary for doctors and nurses to give the most scrupulous attention to the care of the nails, but we should insist upon domestics and housewives giving the greatest attention to their nails.

The hands should always be washed immediately before going to the table, and cleaning the nails is always a finishing touch to washing of the hands. For the purpose of cleansing the

nails an orange stick or nail file should be used, and never the point of scissors or the blade of a knife, for either of these causes a roughnening of the under surface of the nails, whereby the lodgment of dirt becomes only the more securely fixed. After the use of the nail file the nail brush should be used, followed again by the use of the file or stick. If there is a tendency to roughening of the skin under the nail it can be obviated by the use of cold cream at night. Just before retiring the fingers should be dipped into cold cream, and let he tips take up just as much as they will retain, and after this dipped into talcum powder.

The small rim of epidermis which laps over the nail should be gently shoved back with the orange stick every day. This skin, when torn, forms the so-called hangnails, by which infection easly enters the system; it may give rise to felons or even to general blood poisoning.

NUT BREAD-Two cups graham flour, 1 cup white flour, one and a half cups sour milk, three-quarters cup mo lasses, 1 cup chopped walnuts (butternuts are better), 1 rounding teaspoon of soda. Dissolve soda in hot water, Bake in bread tins forty or fifty min-

LUNCHEON CAKE-2 eggs, 1 cup sugar, half cup butter, half cup cold water, 2 cups flour, 1 teaspoon cream of tartar, half teaspoon soda; flavor to

CRANBERRY JELL 1-2 quarts of cranberries, 1 pint water. Cook until cranberries are soft. Steam through a jelly bag. Heat the juice, stir until sugar is dissolved. To each pint of juice add 1 cup sugar. Pour in jelly glasses. VEAL LOAF-3 pounds chopped

veal, half pound pork, 1 tablespoon pepper, 1 tablespoon salt, 8 table spoons rolled cracker, 6 tablespoons milk, small piece of butter 2 eggs. Press hard in bread tin; bake two hours and slice thin when cold.

OATMEAL COOKIES-2 cups me dium fine oatmeal, one and a half cups flour, half cup butter, half cup sugar 2 teaspoonfuls of yeast powder, milk or water enough to mix; roll out and cut with round cutter; bake in very hot oven for twenty minutes.

FROSTING EASILY MADE-Pow dered sugar with tiny bits of salt and any flavor desired, wet with boiling water, just soft enough to spread nicely. Have a deep dish of boiling water near you and dip the knife in to smooth the frosting after it is on Will harden quickly, but will not be crumbly or very hard. Can vary it by adding cocos or tinted sugar.

He sure to keep a pair of old scissors in the kitchen for the purpose of cutting raisins, lettuce, celery, etc.

Mrs. Sadie P. Clawson, Indiana, Pa., was bothered with indigestion. "My stomach pained me night and day," she writes. "I would feel bloated and have headache and belching after esting. I also suffered from constipa-tion My daughter had used Chamber-lain's Tablets and they did her so good that she gave me s few of them and insisted upon my them. They helped me as noth-ise has done." For sale by all

........ Children's School

Luncheons

******************* "If you could see the luncheons the children bring to school," said one "you would not wonder that they find the course of study too much

for them." Yet her work has not been among the so-called "poor," but in a locality where there are comparatively few in abject poverty.

Many schools now provide broth and other foods for the children, but these are still the exceptions even in the cities, and in very few cases has this urgently needed reform reached the country. Where the school makes no such provision the children's lunches should receive even more attention than the meals for the rest of the family, for it is more important that the children should be well fed than that grown people should be. A person who has attained his full growth of body and brain can endure some privation without serious results, but a child can not be deprived of proper nourishment without a lifelong injury

resulting. Wherever circumstances permit the children should go home for their midday meal. It has been noted that girls eating their luncheons at home were. as a rule, brighter and healthier than when they dined at school, even when the school had a lunch counter.

In preparing a luncheon at home

for the child to take with him it must be remembered that because it is wholesome it need not be so plain that the youngster, on comparing it with his neighbor's, feels a tinge of disappointment. Young children eat largely with their eyes. Give a child an animal-shaped cookie or a square of sponge cake decorated with pink and yellow frosting, and let it repose in the lunch basket beside a rosy cheeked apple, some meat sandwiches cut in fancy shapes and a custard baked in a gorgeously decorated cup. Then hide a "surprise" in the bottom of the basket. A few large raisins, a fine fig. a piece of maple sugar or a date stuffed with cream cheese, will make popular "surprises," or the cake may take the form of the "surprise." The idea is to whet the appetite for the luncheon by letting the child know beforehand that there is something in it which he has not seen and which is more interesting than sandwiches.

In providing fruit care should be taken that it is neither overripe nor Mothers sometimes reunderripe. mark that they never let the children have candy, but give them all the fruit they wish. Now, a little pure candy is infinitely better for them than underripe or overripe fruit, which may make them actually ill, and the same may be true of fruit that has passed through several hands or come from an unknown source unless sterilized. Cases of diphtheria have been traced to the eating of apples stored in a slightly damp place where an imperceptible coating of mould had gathered over them. When possible the skin and rinds of fruit given to children, unless it has come straight from an orchard, should be sterilized or very thoroughly washed. It will not affect the interior of most fruits to dip them quickly into boiling water

and lift them out immediately. The minced meats that are put into the children's sandwiches should be made from fresh meat and not taken from tins. No wise mother will let a delicate child run the slightest chance of dangers from this source.

Next in importance to the wholesomeness of the food is the variety of the menus. Though a robust child is easy to suit, he is much like the rest of the world, and he will not eat half the lunch provided for him if he has grown tired of the particular kind of food that it contains, and thus he will not get half the nourishment that he should have. A constant change of diet is particularly necessary in the case of decilate children who have not much appetite.

Although a child should not be pampered as to his likes and dislikes, it is good plan if he manifests a special fondness for a particular dish to serve it often, for he will be sure to eat it, while if foods that he dislikes are constantly given to him, because they are considered wholesome, he will refuse to eat them, and consequently lose

just that much nourishment A large luncheon should not be provided, a small one being more easily digested when one must do school work so soon after eating. If the child has a ravenous appêtite, as most children do have, give him something to eat at once upon returning from

Aluminum utensils for the kitchen are becoming daily more popular on account of their light weight and cleanliness. They must never be washed with soda, soap and water being all that is required, with a little powdered whiting for polishing.

If, before putting the loaf of graham bread into the oven, you dip a spoon in water and pat the top of the bread with it, the bread will not have a hard and ragged crust.

worldly goods endow." Two years later: "More money? Where's the dollar I gave you last week?" Candles, like soap, will last longer if

At the altar: "I, thee, with all my

allowed to ripen. It is well to keep a supply for six months or a year shead if one would practice a true economy.

If a woman declines to tell her age give her time; time will tell.

Perfectly Safe "Look here," said the indignant mistress of the house to the peddler of small wares, "do you call these safety matches? Why, they won't light at

"Well, ma'am," said the peddler, suavely, "wot could you 'ave that'd be

Fulfilling Engagements The Flirt-Oh, dear, what a lot of will be unhappy when I get The Other-Why, how many are you

The head of the family, with his be loved brier-root pipe and his favorite magazine, had settled back in the rocker to enjoy a quiet, comfortable

On the other side of an interevening table was the miniature counterpart of himself, the wrinkling of whose eight-year-old forehead indicated that he was mentally wrestling with some perplexing problem. After while he looked toward his comfortoving parent, and with a hopeless inflection asked:

"Yes, my son," "Can the Lord make everything?" "Yes, my boy."

"Everything? "There is nothing, my son, that he an not do." "Papa, could he make a clock that

would strike less than one?" "Now, Johnny, go right up stairs to your ma, and don't stop down here to annoy me when I'm reading." Johnny went, and wondered still.

Affording Him Protection "One of the characteristics of my old comrade, Amos Stillman, was bravery in actual fighting service," said the old soldier. "Another characteristic was a sense of humor which stood him in good stead, even in the face of danger, and contributed not a little to the gayety of his comrades.

"At the battle of Cold Harbor, before the charge, and while under Confederate fire, our corporal, who was over six feet high and scarcely bigger round than a gunbarrel, became excited as the enemy's bullets plowed up the earth about ihm.

"'What kind of a place is this to keep a man in?' he demanded, 'absolutely without protection!'

"He had no more than spoken when Private Stillman stuck his ramrod in the ground. "'Here, corporal,' said he, 'get be-

hind this."

Giving Them a Chance Judge Hanington, when leader of the opposition in the New Brunswick Legislature, representing the county Westmoreland, was once delivering a vigorous address in the house against some measure of the government, then led by Mr. Blair.

"Oh, that my constituents in Westmoreland could hear me now!" exclaimed the opposition leader in vio-

Mr. Blair motioned to an attend-

"Open the windows," he said.

Two men were talking of the hard

"Does your wife ever grieve because she threw over a wealthy man in order to marry you?" queried Hall.

"Well, she started to once," was the reply, "but I cured her of it without "I wish you would tell me how,"

said Hall. "I started right in grieving with her." replied the other, "and I grieved harder and longer than she did."

If a man should walk out on a cold winter's day

In a straw hat they'd call him a guy; But a woman may go with the heav-

stockings for hers, And no one will dare ask her why.

ROLLING COUNTRY.



Fat Personage (in a hurry) - Say sonny, what is my quickest way, to the depot?

The Kid (after careful survey)-Well, Mister; if I wuz you, I'd lay down and roll over about twice.

Good for the Medicine Men Admiral Dewey, on being complimented on his superb health, smiled and said: "I attribute my good condition to plenty of exercise and no banquets. One-third of what we eat,

you know, enables us to live." "In that case," said his friend, "what becomes of the other two-thirds?" "Oh," said the Admiral, "that en ables the doctor to live."

CANFIELD MAN'S **EXPERIENCE**

Results Tell the Tale. Can you doubt the evidence of this

Canfield citizen? You can verify Canfield endorse ment. Read this:

Homer Mentzer, lumberman, Canfield, says: "I had bad pains in my back and I got worse. As Doan's Kidney Pills had been highly recommended, I used them and one box was all that I needed to cure me."

Price 50c, at all dealers. Don't simply ask for a kidney remedy-get Doan's Kidney Pills-the same that Mr. Mentzer had. Foster-Milburn Co., Props., Buffalo, N. Y.

SHERIFF'S SALE

Albert Creed vs. Charles Greed et al. By virtue of an order of saile in partition, issued from the Court Ocommon to me directed and delivered, I will offer for saile at the Bast door of the Court House. In Youngstown, in said county.

On Friday, August 27th, A. D. 1815, between the hours of 2 o'clock P. M. and 3 o'clock P. M. Central Standard time, of saild day, the following described land and tenements, to-wit:

Parcel No. 1 of Tract No. 1—Situated in the Township of Austintown, County of Malhoning, and State of Ohlo, and known as being a part of lot following the sail of the county of the public highway leading from Austintown to Canfield, and at the southwest corner of a half acre lot deeded to William Knappenbarger by Samuel Kimberly and wife; thence south 2½ degrees East along the center of said road three chains and 20 links; thence Fast three chains and 20 links; thence Fast three chains and 12½ links; thence Fast three chains and 12½ links; thence in the containing one acre of land.

12½ links to the piace of beginning, and containing one acre of land.

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of beginning and containing 2 acres and one one-hundredth (2 1-100) acres of land.

Parcel No. 4—Situated in the Township of Austintown, County of Mahoning, and State of Ohio, and bounded and described as follows: Commencing at a corner in the center of the road running from Austintown to Niles and at the southeast corner of lands owned by H. F. Ruhf; thence north 89 degrees 3-4 eleven chains and sixty-one links to a corner on the south line of Ruhf's land; thence south 28 degrees ½ east six chains and eighty-three links to a corner; thence south 88 degrees 3-4 east one chain and forty-five links to a corner; thence south 88 degrees ½ east eight chains and eighty-eight links to a corner; thence south 28 degrees ½ east eight chains and eighty-eight links to a corner on the north line of lands now owned by A. C. Creed; thence south 88 degrees 3-4 east along said Creed's lands neven chains and thirty-four and one-half (34½) links to the center of said public highway leading from Austintown to Niles; thence north 28 degrees ½ west along the center of said road nine (9) chains and twenty-eight (28) links to a stake in the west side of the road as not traveled; thence north 3 degrees west five (5) chains and fifty-three (53) links to the place of beginning, and containing eleven (11) and 66-100 acres of land. Excepting from said tract No. 3, five and eighty-three one-hundredths acres (5.83) sold to H. R. Ruhf under deed dated March 26th, 1892, and recorded in Mahoning County Records of Deeds in Volume 77 at page 341.

Appraised at, Tract No. 3, Parcels 1, 2, 3 and 4, appraised at \$150.00 per acre: Parcel No. 1 of Tract No. 1 appraised at \$2000.00.

Terms:—One-third cash; one-third in two years the

\$2000.00.

Terms:—One-third cash; one-third in one year; and one-third in two years, the deferred payments to be secured by mortgage on the premises sold and to bear interest from the day of sale payable

Sheriff's Office, Youngstown, Ohio, July 16th, 1915. B. K. DeCamp, Plairnin's Atty. 17-6

Business Directory

EDWIN R. ZIEGER, Attorney at 1.45-706 Wick Building, Youngstown, Ohi-

JOHN B. MORGAN, Attorney at Law 1102-1104 Mahoning Bank Bldg., Younge

R. A. BEARD, Attorney at Law and Notary Public. 863 Mahoning Bank Build in, Youngstown. Ohio.

C. C. Fowler D. B. Fowler NOTARIES PUBLIC, Canfield, Ohio. To ephones: Office. 48; Residence 56. GLEN BERTOLETTE, contractor for plastering and cementing. Estimate-cheerfully given. Col. Co. Phone 106-14 Columbiana, O.

D. Campbell Carl H. Campbe CAMPBELL & SON. Physicians and Sur-geons. Office and residence east aid of Broad street. Canfield, Ohio. Tele-phone 49.

W. R. STEWART, Attorney and Courselor at Law, Diamond Block, Youngstown, Ohlo. Practices in all courts an before all the departments in Washington, D. C.

DR. A. C. TIDD, 204 Mahoning Ban-B.dg., Youngstown, O. Diseases of the eye, ear, nose and throat. Glasses fitter Hours: 10 a. m. to 2 p. m. except Sunday Evenings by appointment. New phon-128-R; Reil phone 5988.

C. H. BARKER, Attorney at Law A business attended to with care. Parmers' business receives my best attention Residence. Maplecreft Station on the Youngstown & Southern. P. O. addressorth Lima. O. Bell phone. Count 164 Beaver phone 375. Docket 20, Page 247

EXECUTRIX'S NOTICE

Notice is hereby given that Emma M. Paulin, R. D., Poland, O., has been M. Paulin, R. D., Poland, O., has been appointed and qualified Executrix of the last Will and Testament of Cyrus Paulin, late of Beaver Township, Mahoning County, Ohio, deceased, by the Probate Court of said county.

All persons interested will govern themselves accordingly.

JOHN W. DAVIS.

Probate Judge of Mahoning County. O.

July 12, 1915.

BETTER ACQUIRE THE

SAVING HABIT

Things may not always be as favorable for your prosperity as they are now. If you have a bank account, it will be a reserve against unfavorable conditions.

There come exceptional opportunities to every one. If you have money in the bank you are in a position to take advantage of them.

It is a mistake to think that you must have a lot of money to start a savings account. ONE DOLLAR will open a savings account with this bank--a little set aside each week or month won't be missed, but it will quickly count up with the FOUR PER CENT compound interest which we add to it.

ESTABLISHED 1887

A Member of Federal Reserve Bank

The Farmers National Bank

Canfield, Ohio

DIRECTORS

John Delfs, J. Allen Kline, James Park, Dr. D. Campbell,

H. J. Beardsley, James S. Harding, Bruce S. Matthews, Geo. N. Boughton, Mark H Liddle

Free Delivery of All Parcel Post Orders

IT PAYS TO BUY EVERYTHING AT

Youngstown's Best Store for Values

Third Week of McKelvey's July

Department Managers Clearance Sale

The July Clearance Values arranged for this week are even more remarkable than those of last week. Many new, fresh lots of merchandise go on sale for the first time, Monday.

Great Wash Skirt Event at McKelvey's This Week

1000 Chic, New White Wash Skirts that are unusual and unmistakably different -wonderful values at the prices they are marked.

News-most timely news for women, especially those who are starting on their summer vacations—the styles are the very latest work, some never shown before styles that become all types of figures-a McKelvey Skirt Event that promises to surpass any similar event ever held in Youngstown. Be at McKelvey's early tomorrow -be one of the happy women who get these skirts at the special prices.

White Wash Skirts at 50c-smart and becoming models fashioned of a good quality linens—excellent laundering qualities—made with patch pockets on the side and trimmed with dainty pearl buttons—skirts that are indeed wonderful values at the low price of 50c.

White Wash Skirts at 98c-a host of lovely styles in the selection-everyone smartly tailored-made of good firm pique; patch pockets on the side-pearl button trimmed; all size waist bands; an ideal skirt for outing or street wear. White Wash Skirts at \$1.25-some of the prettiest styles of the season, fine cotton

poplin and pique; have pearl buttons and pockets on the side.

THE G. M. McKELVEY COMPANY Youngstown, Ohio

TOPPOSTURE REPORT OF THE PROPERTY OF THE PROPE

Alice Garwood vs. M. F. A. Easton's Administrator. By virtue of an order of sale, issued from the Court of Common Pleus of Ma-honing County, Ohio, and to me directed and delivered. I will offer for sale on the premises, in New Albany, in said county On Thursday, August 19, A. D. 1915.

etween the hours of 2 o'clock P. M. and o'clock P. M., Central Standard Unit of said day, the following described land of said day, the following described land and tenements, to-wit:

Shuated in the Township of Gree... County of Mahoning and State of Ohiand known as being a part of section number 20, township le, and range number 2, township le, and range number 2, bounded and described as follows Beginning at a post in the section itself the plank road; from said beginning run thence south three and \$-100 chains to the center of the road; thence south three and \$-100 chains to the center of the road; thence south \$7 and \$4 degrees west, 1 and 69-100 chains; thence with said road north 54 degrees west, 5 and 20-100 chains to a post in the section line where said road meets the center road; thence east with the section line 6 chains to the place of beginning, containing one and 18-100 acres of land, and being the same premises which were conveyed to the said M F. A Easton by the Board of Education of Green Township, Mahoning County, Ohio, by its president D. R. Lehnan, and clerk, C. C. Pettit, by deed dated May \$th. 1911.

Appraised at \$60.00.

Terms:—Cash in hand on day of sale.

J. C. MASTEAD, Shariff Shoriff's Oddice, Toungstown, Ohio.

July \$1.1915.

W. S. Emmons, Plainiff's Atty, 16-5

A Sign of Confidence Persons of wealth, influence and good business judg-

ment have selected the Trust Department of this bank to act as their executor and trustee. Such persons are well qualified to judge of the fitness of this institution to serve them and their choice indicates a very high degree of confidence, because it means committing to the company's management, interests held in the highest valuation. Whether your property is large or small you can assure its careful administration by having your will so drawn that this company will settle your estate through its trust department. Consult us without charge.

The Dollar Savings & Trust Company TRUST DEPARTMENT

Central Square

YOUNGSTOWN, O.